

### ABSTRACT OF THE DISCLOSURE

A system and method of delivering personalized health interventions to a client over a computer network are provided. A user interface is provided to a client over the computer network, and health issue information is received back from the client. Personalized health interventions directed to the client are determined based on the received information. Selected audio and/or visual health interventions are delivered to the client. The selected interventions are presented to the client in the form of a daily health intervention schedule listing interventions by time. The schedule includes links to several health interventions which can be accessed through a client computer screens. The schedule may be linked with local scheduling applications.